

## Healthy Virginians 2010 Objectives

The principal goals recommended for the Healthy Virginians 2010 initiative are the same two that are advanced in the nationwide agenda:

- Increase quality and years of healthy life.
- Eliminate health disparities.

In setting forth 28 focus areas and 467 objectives under these two main goals in *Healthy People 2010*, those who developed the nationwide document were being deliberately comprehensive. That allows individual states and local communities to select those targets that are relevant to their most pressing needs.

The Healthy Virginians 2010 Advisory Team in the Virginia Department of Health (VDH) believes that in order to be effective and manageable, the emphasis in Virginia should be on approximately fifty statewide objectives for the decade. To get to that number, the Advisory Team reviewed all of the national focus areas and objectives to determine those that it feels are the most important to Virginians.

The Advisory Team has selected **54** objectives.

## **Access to Quality Health Services**

**Goal:** Improve access to comprehensive, high-quality health care services.

**Overview:** Increasing the quality and years of healthy life, and eliminating health disparities are the primary goals of Healthy Virginians 2010. For progress toward these goals to be realized, it is imperative that there be improved access to a comprehensive health care system. Such a system must underscore the importance of prevention and be able to provide high quality care in a culturally and linguistically sensitive manner.

**Note:** All listed objectives are numbered as they appear in *Healthy People 2010*.

### **Objectives**

**1-1.** Increase the proportion of persons with health insurance.

**1-4a.** Increase the proportion of persons who have a specific source of ongoing care.

**1-8.** In the health professions, allied and associated health profession fields, and the nursing field, increase the proportion of all degrees awarded to members of underrepresented racial and ethnic groups.

**1-9.** Reduce hospitalization rates for three ambulatory-care-sensitive conditions—pediatric asthma, uncontrolled diabetes, and immunization-preventable pneumonia and influenza in older adults.

## **Cancer**

**Goal:** Reduce the number of new cancer cases as well as the illness, disability, and death caused by cancer.

**Overview:** Cancer is the second leading cause of death in the United States. During 1999, an estimated 1,221,800 persons in the United States were diagnosed with cancer; 563,100 persons were expected to die from cancer. These estimates did not include most skin cancers, and new cases of skin cancer are estimated to exceed 1 million per year. One-half of new cases of cancer occur in people aged 65 years and over.

About 491,400 Americans who get cancer in a given year, or 4 in 10 patients, are expected to be alive 5 years after diagnosis. When adjusted for normal life expectancy (accounting for factors such as dying of heart disease, injuries, and diseases of old age), a “relative” 5-year survival rate of 60 percent is seen for all cancers. This rate means that the chance of a person recently diagnosed with cancer being alive in 5 years is 60 percent of the chance of someone not diagnosed with cancer. Five-year relative survival rates commonly are used to monitor progress in the early detection and treatment of cancer and include persons who are living 5 years after diagnosis, whether in remission, disease free, or under treatment.

### **Objectives**

**3-11.** Increase the proportion of women who receive a Pap test.

**3-12.** Increase the proportion of adults who receive colorectal cancer screening examination.

**3-13.** Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years.

## **Diabetes**

**Goal:** Through prevention programs, reduce the disease and economic burden of diabetes, and improve the quality of life for all persons who have or are at risk for diabetes.

**Overview:** Diabetes poses a significant public health challenge for the United States. Some 800,000 new cases are diagnosed each year, or 2,200 per day. The changing demographic patterns in the United States are expected to increase the number of people who are at risk for diabetes and who eventually develop the disease. Diabetes is a chronic disease that usually manifests itself as one of two major types: type 1, mainly occurring in children and adolescents 18 years and younger, in which the body does not produce insulin and thus insulin administration is required to sustain life; or type 2 occurring usually in adults over 30 years of age in which the body's tissues become unable to use its own limited amount of insulin effectively. While all persons with diabetes require self-management training, treatment for type 2 diabetes usually consists of a combination of physical activity, proper nutrition, oral tablets and insulin. Type 1 diabetes has been sometimes referred to as juvenile or insulin-dependent diabetes; and type 2 diabetes has been referred to as adult-onset or noninsulin dependent diabetes.

### **Objective**

**5-1.** Increase the proportion of persons with diabetes who receive formal diabetes education.

## **Educational and Community-Based Programs**

**Goal:** Increase the quality, availability, and effectiveness of educational and community-based programs designed to prevent disease and improve health and quality of life.

**Overview:** Educational and community-based programs have played an integral role in the attainment of Healthy People 2000 objectives and will continue to contribute to the improvement of health outcomes in the United States by the year 2010. These programs, developed to reach people outside traditional health care settings, are fundamental for health promotion and quality of life.

### **Objectives**

**7-2.** Increase the proportion of middle, junior high, and senior high schools that provide comprehensive school health education to prevent health problems in the following areas: unintentional injury; violence; suicide; tobacco use and addiction; alcohol or other drug use; unintended pregnancy, HIV/AIDS, and STD infection; unhealthy dietary patterns; inadequate physical activity; and environmental health.

**7-4.** Increase the proportion of the elementary, middle, junior high and senior high schools that have a nurse-to-student ratio of a least 1:750.

**7-11.** Increase the proportion of local health departments that have established culturally appropriate and linguistically competent community health promotion and disease prevention programs for racial and ethnic minority health populations.

## **Environmental Health**

**Goal:** Promote health for all through a healthy environment.

**Overview:** According to the World Health Organization, “In its broadest sense, environmental health comprises those aspects of human health, disease, and injury that are determined or influenced by factors in the environment. This includes the study of both the direct pathological effects of various chemical, physical, and biological agents, as well as the effects on health of the broad physical and social environment, which includes housing, urban development, land-use and transportation, industry, and agriculture.” The term “environment” may also be used to refer to air, water, and soil. This more narrow definition ignores the man-made environment created by a society. Where and how a society chooses to grow and develop affects the quality of life by determining how long people spend traveling to work, shopping, or going to school. Where and how a society builds its houses, schools, parks, and roadways can also limit the ability of some people to move about and lead a normal life.

### **Objectives**

**8-1a.** Reduce the proportion of persons exposed to air that does not meet the U.S. Environmental Protection Agency's (EPA's) health-based standards for ozone.

**8-5.** Increase the proportion of persons served by community water systems who receive a supply of drinking water that meets the regulations of the Safe Drinking Water Act.

**8-23.** Reduce the proportion of occupied housing units that are substandard.

**8-11.** Eliminate elevated blood lead levels in children.

## **Family Planning**

**Goal:** Improve pregnancy planning and spacing and prevent unintended pregnancy.

**Overview:** In an era when technology should enable couples to have considerable control over their fertility, half of all pregnancies in the United States are unintended. Although between 1987 and 1994, the proportion of pregnancies that were unintended declined in the United States from 57 to 49 percent, other industrialized nations report fewer unintended pregnancies, suggesting that the number of unintended pregnancies can be reduced further. Family planning remains a keystone in attaining a national goal aimed at achieving planned, wanted pregnancies and preventing unintended pregnancies. Family planning services provide opportunities for individuals to receive medical advice and assistance in controlling if and when they get pregnant and for health providers to offer health education and related medical care.

### **Objectives**

- 9-1.** Increase the proportion of pregnancies that are intended.
- 9-9.** Increase the proportion of adolescents who have never engaged in sexual Intercourse.
- 9-6.** Increase male involvement in pregnancy prevention and family planning efforts.

## **Food Safety**

**Goal:** Reduce foodborne illnesses.

**Overview:** Foodborne illness imposes a burden on public health. It contributes significantly to the cost of health care.

Between 1988-92, outbreaks of foodborne illness caused an annual average of more than 15,000 cases of illness in the United States, as reported to the Centers for Disease Control and Prevention (CDC). The actual illness rate may be higher because a count is taken only when the microorganism that caused the illness is identified by a laboratory and reported by a physician.

When unreported cases are taken into account, an estimated 76 million illnesses, 325,000 hospitalizations, and 5,000 deaths each year may be associated with microorganisms in food. Hospitalizations due to foodborne illnesses are estimated to cost over \$3 billion each year. The cost of lost productivity is estimated at between \$20 billion and \$40 billion each year. In addition to acute illness, some microorganisms can cause delayed or chronic illness. Foodborne chemical contaminants may cause chronic rather than acute problems and specific estimates of their impact on health and the economy are not available.

### **Objectives**

**10-6.** Improve food employee behaviors and food preparation practices that directly relate to foodborne illnesses in retail food establishments.



## **Health Communication**

**Goal:** Use communication strategically to improve health.

**Overview:** Health communication links the domains of communication and health and is increasingly recognized as a necessary element of efforts to improve personal and public health. Health communication can contribute to all aspects of disease prevention and health promotion and is relevant in a number of contexts, including: (1) health professional-patient relations; (2) individuals' exposure to, search for, and use of health information; (3) individuals' adherence to clinical recommendations and regimens; (4) the construction of public health messages and campaigns; (5) the dissemination of individual and population health risk information, that is, risk communication; (6) images of health in the mass media and the culture at large; (7) the education of consumers about how to gain access to the public health and health care systems; and (8) the development of telehealth applications.

### **Objective**

**11-6.** Increase the proportion of persons who report that their health care providers have satisfactory communication skills.

## **Heart Disease and Stroke**

**Goal:** Improve cardiovascular health and quality of life through the prevention, detection, and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.

**Overview:** Heart disease is the leading cause of death for all Americans. Stroke is the third leading cause of death. Heart disease and stroke continue to be a major cause of disability and a significant contributor to increases in health care costs in the United States.

Epidemiologic and statistical studies have identified a number of actors that increase the risk of heart disease and stroke. In addition, clinical trials and prevention research studies have demonstrated effective strategies to prevent and control these risk factors and thereby reduce illnesses, disabilities, and deaths caused by heart disease and stroke.

### **Objectives**

**12-10.** Increase the proportion of adults with high blood pressure whose blood pressure is under control.

**12-14.** Reduce the proportion of adults with high total blood cholesterol levels.

## **HIV**

**Goal:** Prevent HIV infection and its related illness and death.

**Overview:** Beginning in 1981, a new infectious disease, AIDS, or acquired immunodeficiency syndrome, was identified in the United States. Several years later, the causative agent of AIDS—human immunodeficiency virus (HIV)—was discovered. This discovery coincided with the growing recognition of AIDS in the United States as part of a global infectious disease pandemic.

Currently, HIV/AIDS has been reported in virtually every racial and ethnic population, every age group, and every socioeconomic group in every State and most large cities in the United States. Initially identified among men who have sex with men on the East and West Coasts, the AIDS epidemic is composed of diverse multiple subepidemics that vary by region and community. By the end of 1998, more than 680,000 cases of AIDS had been reported, and nearly 410,800 people had died from HIV disease or AIDS.

### **Objectives**

**13-5.** Reduce the number of cases of HIV infection among adolescents and adults.

**13-6.** Increase the proportion of sexually active persons who use condoms.

## **Immunization and Infectious Diseases**

**Goal:** Prevent disease, disability, and death from infectious diseases, including vaccine-preventable diseases.

**Overview:** Infectious diseases remain major causes of illness, disability, and death. Moreover, new infectious agents and diseases are being detected, and some diseases considered under control have reemerged in recent years. In addition, antimicrobial resistance is evolving rapidly in a variety of hospital- and community-acquired infections. These trends suggest that many challenges still exist in the prevention and control of infectious diseases.

### **Objectives**

**14-12.** Increase the proportion of all tuberculosis patients who complete curative therapy within 12 months.

**14-24.** Increase the proportion of young children who receive all vaccines that have recommended for universal administration for at least 5 years.

**14-29 a-f.** Increase the proportion of noninstitutionalized adults aged 65 or older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease.

## **Injury and Violence Prevention**

**Goal:** Reduce injuries, disabilities, and deaths due to unintentional injuries and violence.

**Overview:** The risk of injury is so great that most persons sustain a significant injury at some time during their lives. Nevertheless, this widespread human damage too often is taken for granted, in the erroneous belief that injuries happen by chance and are the result of unpreventable "accidents". In fact, many injuries are not "accidents", or random, uncontrollable acts of fate; rather, most injuries are predictable and preventable.

### **Objectives**

**15-3.** Reduce firearm-related deaths.

**15-13.** Reduce deaths caused by unintentional injuries.

**15-32.** Reduce homicides.

**15-33.** Reduce maltreatment and maltreatment fatalities of children.

**15-37.** Reduce physical assaults.

## **Maternal, Infant, and Child Health**

**Goal:** Improve the health and well-being of women, infants, children, and families.

**Overview:** The health of mothers, infants, and children is of critical importance, both as a reflection of the current health status of a large segment of the U.S. population and as a predictor of the health of the next generation. This focus area addresses a range of indicators of maternal, infant, and child health—those primarily affecting pregnant and postpartum women (including indicators of maternal illness and death and preconceptional health) and those that affect infants' health and survival (including infant death; birth outcomes; prevention of birth defects; access to preventive care; and fetal, perinatal, and infant deaths).

### **Objectives**

**16-6.** Increase the proportion of pregnant women who receive early and adequate prenatal care.

**16-10a.** Reduce low birth weight (LBW).

**16-19.** Increase the proportion of mothers who breastfeed their babies.

## **Mental Health and Mental Disorders**

**Goal:** Improve mental health and ensure access to appropriate, quality mental health services.

**Overview:** Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and to cope with adversity. Mental health is indispensable to personal well-being, family and interpersonal relationships, and contribution to community or society. Mental illness is the term that refers collectively to all diagnosable mental disorders. Mental disorders are health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof), which are associated with distress and/or impaired functioning and spawn a host of human problems that may include disability, pain, or death.

### **Objectives**

**18-2.** Reduce the rate of suicide attempts by adolescents.

**18-7.** Increase the proportion of children with mental health problems who receive treatment.

**18-8.** Increase the proportion of adults with mental disorders who receive treatment.

## **Nutrition and Overweight**

**Goal:** Promote health and reduce chronic disease associated with diet and weight.

**Overview:** Nutrition is essential for growth and development, health, and well-being. Behaviors to promote health should start early in life with breastfeeding and continue through life with the development of healthful eating habits. Nutritional, or dietary, factors contribute substantially to the burden of preventable illnesses and premature deaths in the United States. Indeed, dietary factors are associated with 4 of the 10 leading causes of death: coronary heart disease (CHD), some types of cancer, stroke, and type 2 diabetes. These health conditions are estimated to cost society over \$200 billion each year in medical expenses and lost productivity. Dietary factors also are associated with osteoporosis, which affects more than 25 million persons in the United States and is the major underlying cause of bone fractures in postmenopausal women and elderly persons.

### **Objectives**

**19-2.** Reduce the proportion of adults who are obese.

**19-3c.** Reduce the proportion of children and adolescents who are overweight or obese.

**19-18.** Increase food security among U.S. households and in so doing reduce hunger.



## **Oral Health**

**Goal:** Prevent and control oral and craniofacial diseases, conditions, and injuries and improve access to related services.

**Overview:** Oral health is an essential and integral component of health throughout life. No one can be truly healthy unless he or she is free from the burden of oral and craniofacial diseases and conditions. Millions of people in the United States experience dental caries, periodontal diseases, and cleft lip and cleft palate, resulting in needless pain and suffering; difficulty in speaking, chewing, and swallowing; increased costs of care; loss of self-esteem; decreased economic productivity through lost work and school days; and, in extreme cases, death. Further, oral and pharyngeal cancers, which primarily affect adults over age 55 years, result in significant illnesses and disfigurement associated with treatment, substantial cost, and more than 8,000 deaths annually.

Poor oral health and untreated oral diseases and conditions can have a significant impact on quality of life. Millions of people in the United States are at high risk for oral health problems because of underlying medical or handicapping conditions, ranging from very rare genetic diseases to more common chronic diseases such as arthritis and diabetes. Oral and facial pain affects a substantial proportion of the general population.

### **Objective**

**21-10.** Increase the proportion of children and adults who use the oral health care system each year.

## **Physical Activity and Fitness**

**Goal:** Improve health, fitness, and quality of life through daily physical activity.

**Overview:** The 1990s brought a historic new perspective to exercise, fitness, and physical activity by shifting the focus from intensive vigorous exercise to a broader range of health-enhancing physical activities. Research has demonstrated that virtually all individuals will benefit from regular physical activity. The Surgeon General's Report on Physical Activity and Health concluded that moderate physical activity can reduce substantially the risk of developing or dying from heart disease, diabetes, colon cancer, and high blood pressure. Physical activity also may protect against lower back pain and some forms of cancer (for example, breast cancer), but the evidence is not yet conclusive.

### **Recommended Objectives**

**22-2.** Increase the proportion of adults who engage regularly, preferably daily, in moderate physical activity for at least 30 minutes per day.

**22-7.** Increase the proportion of adolescents who engage in vigorous physical activity that promotes cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion.

## **Public Health Infrastructure**

**Goal:** Ensure that Federal, Tribal, State, and local health agencies have the infrastructure to provide essential public health services effectively.

**Overview:** The mission of public health is to fulfill "society's interest in assuring conditions in which persons can be healthy." Public health engages both private and public organizations and individuals in accomplishing this mission. Responsibilities encompass preventing epidemics and the spread of disease, protecting against environmental hazards, preventing injuries, encouraging healthy behavior, helping communities to recover from disasters, and ensuring the quality and accessibility of health services.

### **Objective**

**23-5.** Increase the proportion of Leading Health Indicators, Health Status Indicators, and Priority Data Needs for which data—especially for select populations—are available at the Tribal, State, and local levels.

## **Respiratory Diseases**

**Goal:** Promote respiratory health through better prevention, detection, treatment, and education.

**Overview:** Asthma, chronic obstructive pulmonary disease (COPD), and obstructive sleep apnea (OSA) are a significant public health burden to the United States. Specific methods of detection, intervention, and treatment exist that may reduce this burden. Several behaviors and diseases that affect the respiratory system, such as tuberculosis, acquired immunodeficiency syndrome (AIDS), pneumonia, occupational lung disease, lung cancer, and smoking, are covered in other focus area chapters. Certain other important respiratory diseases, such as respiratory distress syndromes, sarcoidosis, and chronic sinusitis, which are difficult to define, detect, prevent, or treat, are not discussed in this chapter. Their omission, however, is not a reflection on the magnitude of the health problems associated with them.

Asthma and COPD are among the 10 leading chronic conditions causing restricted activity. After chronic sinusitis, asthma is the most common cause of chronic illness in children. Methods are available to treat these respiratory diseases and promote respiratory health.

### **Objective**

**24-3.** Reduce hospital emergency visits for asthma.

## **Sexually Transmitted Diseases**

**Goal:** Promote responsible sexual behaviors, strengthen community capacity, and increase access to quality services to prevent sexually transmitted diseases (STDs) and their complications.

**Overview:** Sexually transmitted diseases (STDs) refer to the more than 25 infectious organisms transmitted primarily through sexual activity. STDs are one of many related factors that affect the broad continuum of reproductive health agreed on in 1994 by 180 governments at the International Conference on Population and Development (ICPD). At ICPD, all governments were challenged to strengthen their STD programs. STD prevention as an essential primary care strategy is integral to improving reproductive health.

Despite the burdens, costs, complications, and preventable nature of STDs, they remain a significant public health problem, largely unrecognized by the American public, policymakers, and public health and health care professionals. STDs cause many harmful, often irreversible, and costly clinical complications, such as reproductive health problems, fetal and perinatal health problems, and cancer. In addition, studies of the worldwide human immunodeficiency virus (HIV) pandemic link other STDs to a causal chain of events in the sexual transmission of HIV infection.

### **Objectives**

**25-1.** Reduce the proportion of adolescents and young adults with Chlamydia trachomatis.

**25-11.** Increase the proportion of adolescents who abstain from sexual intercourse or use condoms if currently sexually active.

## **Substance Abuse**

**Goal:** Reduce substance abuse to protect the health, safety, and quality of life for all, especially children.

**Overview:** Substance abuse and its related problems are among society's most pervasive health and social concerns. Each year, about 100,000 deaths in the United States are related to alcohol consumption. Illicit drug abuse and related acquired immunodeficiency syndrome (AIDS) deaths account for at least another 12,000 deaths. In 1995, the economic cost of alcohol and drug abuse was \$276 billion. This represents more than \$1,000 for every man, woman, and child in the United States to cover the costs of health care, motor vehicle crashes, crime, lost productivity, and other adverse outcomes of alcohol and drug abuse.

### **Objectives**

**26-10a.** Increase the proportion of adolescents not using alcohol or any illicit drugs during the past 30 days.

**26-10c.** Reduce the proportion of adults using any illicit drug during the past 30 days.

**26-11c.** Reduce the proportion of adults engaging in binge drinking of alcohol beverages during the past month.

## **Tobacco Use**

**Goal:** Reduce illness, disability, and death related to tobacco use and exposure to secondhand smoke.

**Overview:** Scientific knowledge about the health effects of tobacco use has increased greatly since the first Surgeon General's report on tobacco was released in 1964. Cigarette smoking causes heart disease, several kinds of cancer (lung, larynx, esophagus, pharynx, mouth, and bladder), and chronic lung disease. Cigarette smoking also contributes to cancer of the pancreas, kidney, and cervix. Smoking during pregnancy causes spontaneous abortions, low birth weight, and sudden infant death syndrome.

Other forms of tobacco are not safe alternatives to smoking cigarettes. Use of spit tobacco causes a number of serious oral health problems, including cancer of the mouth and gum, periodontitis, and tooth loss. Cigar use causes cancer of the larynx, mouth, esophagus, and lung. In recent years, reports have shown an increase in the popularity of bidis. Bidis are small brown cigarettes, often flavored, consisting of tobacco hand-rolled in tendu or temburni leaf and secured with a string at one end. Research shows that bidis are a significant health hazard to users, increasing the risk of coronary heart disease and cancer of the mouth, pharynx and larynx, lung, esophagus, stomach, and liver.

### **Objectives**

**27-1a.** Reduce cigarette smoking by adults.

**27-2.** Reduce tobacco use by adolescents.

**27-3.** Reduce initiation of tobacco use among children and adolescents.

**27-10.** Reduce the proportion of nonsmokers exposed to environmental tobacco smoke.